**Family Kitchen Early Years**

**Golden Lane Children Centre**

**Autumn 1 term 2021**

**Course:** Family Kitchen Early Years (not accredited)

**Tutor:** Norma Miano

**Start date**: 01/10/2021

**End date:** 22/10/2021

**Day & time Friday** 10.00am-12.00pm

**Course outline**

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| **Topic** | **Recipe** | **Healthy eating message** |
| **Week 1**  **Introduction to the course**  **Induction** | Banana flapjacks and berry compote | Importance of breakfast  Look at cereals label |
| **Week 2**  **Eat well guide** | Rainbow pizza and carrot salad | Discuss different food groups |
| **Week 3**  **Sugar content in everyday food** | Cheesy scones and spinach hummus | Discuss daily sugar cubes intake for all ages |
| **Week 4**  **Food labels reading** | Baked popcorn cauliflower with yogurt dip | Discuss how to read food label with the traffic light card and compare different food nutrition values |



**Be Safe Online**

https://www.getsafeonline.org/

https://www.etflearners.org.uk



